

## *For Your Health*

### **It's Never Too Late to Start Yoga**

The good news is that it is *never* too late to start yoga, no matter *how* old you are or feel. With several new yoga classes starting at the Bedford COA, there are many opportunities to find a class that's right for you. And how can you go wrong at \$5 a class? Most yoga studios charge \$17 a class, and we have the same high caliber instructors with over 30 combined years of yoga teaching experience.

So what can yoga do for me? you might be asking yourself. For starters, you'll feel more comfort and ease in your body – sometimes as quickly as the very first class. Yoga strengthens weak muscles, lubricates the joints, brings relief from the suffering of arthritis and lower back pain, strengthens the immune system, and releases energy into your body. It also helps with balance and improves your breathing. If that wasn't enough, yoga also brings remarkable emotional and mental benefits such as relief from stress and anxiety.

Even if you think you cannot do yoga, you should still come! You will receive benefits even just sitting in a chair and practicing some deep breathing and relaxing while watching others stretch. Or just listen to the music and tap your feet – even that has benefits! So do yourself a lifelong favor and join one or more of the four classes offered:

#### **CHAIR YOGA: (\$55) Mondays & Fridays, 9:30-11AM; Teachers: Laraine Lippincott (Monday), Helen Theodosiou (Friday)**

This class is a gentle form of yoga practiced sitting in a chair or standing using the chair for support. Complicated maneuvers and complex movements are NOT present in this class. You will learn many yoga postures, breathing techniques, meditation and ways of relaxation. The class is 1-hour followed by a half hour of relaxation and meditation.

#### **FLOOR YOGA: (\$55) Mondays, 1-2:30 PM; Thursdays, 9:30-11AM; Teacher: Laraine Lippincott**

Learn body awareness, basic postures (asanas), and proper alignment. Learn yogic forms of breathing and how to sequence with movements. This class combines postures and movements on all fours, seated, standing, and lying down. We help you modify the postures with props so that your joints are comfortable and at ease. Though ideal for someone who has already taken some yoga classes, it is also well-suited to someone who is fairly mobile but has never practiced yoga before. The class is 1-hour followed by a half hour of meditation.

#### **LET YOUR YOGA DANCE FOR SPECIAL POPULATIONS: Time TBA; Teachers: Laraine Lippincott and Bianca Lippincott**

This class offers a fabulous workout and a delightful experience tempered for each student's needs, providing therapeutic benefits on all levels: physical, mental, emotional, and spiritual. Using yoga, breath, and dance sequences on chairs, standing next to chairs, and around chairs (the choice is yours), we will become energized and empowered with spontaneity and creativity, and foster a love of our bodies, regardless of limitations. This class combines the benefits of some aerobic activity with the stretching, breathing, and relaxation of yoga.

### **“Whole Foods for a Whole Life”**

Carleton Willard Village's Registered Dietitian, Cherie Asgeirsson, will present “Whole Foods for a Whole Life” on Wednesday, October 23 at 10:30 AM. Have you ever wondered what you should eat for your heart; your bones; your brain and to control your blood pressure and blood sugar? It can be confusing and hard. Come learn about how eating simple, whole foods can nourish your whole body and take the dilemma out of eating healthfully. Please register by calling the COA at (781)- 275-6825.



### **Health Services**

**Podiatry Clinic:** Dr. Bryant Tarr's next clinic is scheduled for **Friday November 15** from 8:00 AM to 11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

**Ask a Nurse:** Our new Community Health Nurse, Joyce Cheng will be at the COA on **Friday October 11 at 1:00 PM** and **Monday October 21 at 11:00 AM** to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a “first come, first served” basis.

**SHINE Health Benefits Help!** If you have questions about health benefits, our SHINE counselor from Minuteman Senior Services will be available each Wednesday in October beginning at 2 PM. Call to make an appointment! If you cannot leave your home, she will call you.

**Free Hearing Clinics:** Brian Knight from Rogers Hearing Solutions will be here on Tuesday October 8 from 10:30-12. Joe Sarofeen of Apex Hearing will be here on Thursday October 24 from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

# What You Need To Know

## Benefits of Irrevocable and Revocable Trusts

**Wednesday October 23, 1:00 PM**

Attorney Dale Tamburro will present a seminar on trusts. Topics include avoiding probate; asset protection; minimizing estate taxes; management of assets for children/grandchildren, Disabled, Living Revocable Trust vs. Irrevocable Trust or Testamentary Trust, and how a trust is used in nursing home and Medicaid planning.

Dale will also be offering three 45-minute individual consultations on the same day beginning at 9:30 AM. Please call the COA at (781) 275-6825 to make an appointment.

## Council on Aging Board Meeting

The next Board meeting will be held on **Tuesday, November 12 at 12:15 PM** in the Fitch Room (second floor of the Town Center Building). All are welcome to attend this public meeting. The COA board is an appointed committee that consists of nine volunteers who live in Bedford and are registered Bedford voters. They work toward solving complex issues and setting or recommending policy that helps to shape the kind of community in which we live.

## RETIREMENT TODAY

**Wednesday October 16 at 1:00 PM**

This seminar, presented by Michael Franco of New York Life Insurance and Annuity, gives an overview of the new retirement scene, what issues are important to retirees today, and what resources are available.

### Attention Federal Retirees!

Did you know that if you have Blue Cross and Blue Shield Federal and are over 65 AND do not have Medicare Part B, Blue Cross and Blue Shield will pay what Medicare would pay to those providers who accept Medicare? If you would like more information, Rosemary Dyer will be available to answer questions about your benefits. Please call the COA to arrange a meeting.

## Medicare Open Enrollment Info Session Monday, October 21 at 1:00 PM

It's that time of year again! Medicare open enrollment starts on October 15 and ends December 7, 2012. SHINE representatives from Minuteman Senior Services will be providing an information session at the Bedford Council on Aging on **Monday October 21 at 1:00 pm**. SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Please RSVP by Friday October 18 so that we know how many people to expect. If you need assistance before then, please contact the COA at 781-275-6825 to make an individual appointment with our SHINE counselor.

## Intel Info: Online Safety Thursday October 24, 11 AM

Join Ken Doucette from the Middlesex County Sheriff's Department and Elder Affairs Officer Kristen Dineen for an important seminar on how to stay safe when using the internet.

## Computer Classes for Beginners

No previous experience necessary, and you don't need to own a computer. This is a five-week course held on Tuesday afternoons at 1:30 PM. Not sure this is for you? Come to the first class on October 15th for an orientation.

## The Computer Corner

**Computer Club** A round table discussion will be held on **Wednesday October 2** at 10:00 AM. Please let us know if there are any special topics you are interested in learning about.

**Computer Drop-In** All are welcome!!! Our friendly Computer Club volunteers will be here each Tuesday and Thursday afternoon at 2:00 to help those with questions about any aspect of computer use.

**Get Answers by Email!** Todd Crowley answers the computer questions of Bedford residents by email! Just email your question to AskToddC@yahoo.com.